

## Crab Pot Stickers

READY IN



45 min.

SERVINGS



8

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 tablespoons egg substitute
- ☐ 2 tablespoons milk fat-free
- ☐ 3 tablespoons green onions finely chopped
- ☐ 1 Dash ground pepper red
- ☐ 1 tablespoon hoisin sauce
- ☐ 6 ounce lump crab meat rinsed drained canned
- ☐ 0.5 cup low-sugar orange marmalade
- ☐ 0.3 teaspoon salt
- ☐ 24 won ton wrappers

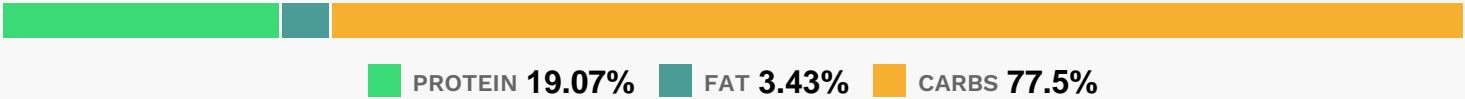
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ blender

## Directions

- ☐ Preheat oven to 32
- ☐ Combine first 4 ingredients in a small bowl. Beat at low speed of a mixer until thoroughly combined. Stir in ground red pepper, green onions, and crabmeat.
- ☐ Working with 1 won ton wrapper at a time (cover remaining won ton wrappers with a damp cloth to keep them from drying out), coat with cooking spray. Spoon about 1 teaspoon crab mixture into center of each wrapper. Bring 2 opposite corners of each wrapper to center, pinching points to seal. Bring remaining 2 corners to center, pinching points to seal. Pinch 4 edges together to seal. Coat each pot sticker with cooking spray.
- ☐ Place pot stickers on a baking sheet coated with cooking spray.
- ☐ Bake at 325 for 20 minutes or until golden.
- ☐ Combine orange marmalade and hoisin sauce, stirring well.
- ☐ Serve with pot stickers.

## Nutrition Facts



## Properties

Glycemic Index:12.16, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:6.9617391850637%

## Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 140.89kcal (7.04%), Fat: 0.54g (0.83%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 27.61g (9.2%), Net Carbohydrates: 26.94g (9.8%), Sugar: 12.87g (14.3%), Cholesterol: 11.13mg (3.71%), Sodium: 432.58mg (18.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.79g (13.58%), Vitamin B12: 1.95µg (32.56%), Selenium: 15.98µg (22.83%), Copper: 0.25mg (12.63%), Zinc: 1.5mg (10.03%), Vitamin B1: 0.14mg (9.01%), Folate: 33.13µg (8.28%), Manganese: 0.16mg (8.22%), Vitamin B3: 1.51mg (7.56%), Phosphorus: 74.11mg (7.41%), Vitamin B2: 0.13mg (7.4%), Iron: 1.05mg (5.81%), Vitamin K: 4.69µg (4.46%), Magnesium: 17.32mg (4.33%), Calcium: 38.15mg (3.81%), Vitamin C: 2.91mg (3.53%), Potassium: 92.86mg (2.65%), Fiber: 0.66g (2.65%), Vitamin B6: 0.05mg (2.64%), Vitamin B5: 0.17mg (1.66%), Vitamin A: 65.06IU (1.3%)